

# THE LORD'S PRAYER

**Matthew 6:9–13**

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*"Prayer is not about changing God. Prayer is about changing us."*

– Bishop Robert Barron

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You have prayed the "Our Father" many times, possibly even today. Take a fresh look at the prayer that Jesus taught us. What word or phrase might the Holy Spirit be asking you to focus on, in other words, spend time with, take to heart or pray about?

**Our  
Father  
In heaven  
Hallowed be your name  
God's will be done  
Kingdom on earth as it is in heaven  
Daily bread  
Forgiveness  
Mercy  
Temptation  
Deliverance from evil**

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■ *What is the Lord's Prayer asking of you today?*

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# THE TEN COMMANDMENTS

1. I am the Lord your God: You shall not have strange gods before me.
  2. You shall not take the name of the Lord your God in vain.
  3. Remember to keep holy the Lord's Day.
  4. Honor your father and mother.
  5. You shall not kill.
  6. You shall not commit adultery.
  7. You shall not steal.
  8. You shall not bear false witness against your neighbor.
  9. You shall not covet your neighbor's wife.
  10. You shall not covet your neighbor's goods.
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Bishop Barron recommends that we memorize the Ten Commandments. Remember that the first three deal with our relationship with God. It helps to remember a couple of key words for each one:

1. One God
2. Name is holy
3. Lord's Day

Now put those three together: **"One God, holy name and holy day."**

*Continued on next page.*

Commandments four through ten have to do with our relationships with each other. Again, think of them in just a few words:

4. Dad and mom
5. No killing
6. Honor marriage
7. No stealing
8. No lying
9. Neighbor's wife
10. Neighbor's goods

Now put those seven together: **"Honor parents, don't kill, fool around, steal or lie, nor want neighbor's wife or stuff."**

Click [here](#) for a list of the Ten Commandments.

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- *Now that you have memorized the Ten Commandments, which one(s) might the Holy Spirit be asking you to focus on?*
  - *Allow the Ten Commandments to guide you as you prepare for the Sacrament of Reconciliation.*
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# THE WOMAN AT THE WELL

## John 4:4–30

After listening to Bishop Barron talk about the woman at the well, why don't you read the story for yourself?

Bishop Barron points out that the Bible is about God's quest for us.

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*"God is after us. God seeks us over the boundaries we set."*  
.....

In the conversation at the well, Jesus offers the woman a drink from water that will end her thirst and he tells her to stop coming to this well for her water.

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■ *What old pattern or habit do you need to stop relying on in order to grow?*  
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She also left her water jug.

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■ *Spiritually speaking, what are you willing to put down, so you can be better fed?*  
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She began anew.

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■ *What new spiritual direction might you be called to pursue?*  
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# THE REAL PRESENCE OF CHRIST IN THE EUCHARIST

Here is the “Bread of Life” discourse from the Gospel of John **(6:25–59)**.

And here is the account of the Last Supper from the Gospel of Matthew **(26:26-30)**.

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■ *How does Jesus’s description of himself affirm or challenge the view that you currently hold of him?*

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■ *How does his description shape your participation in the Eucharist?*

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# VIOLENCE IN THE BIBLE

Bishop Barron refers to an Old Testament account of King Saul and the Amalekites and the New Testament account of the Lamb unlocking the scroll in the book of Revelation. Compare for yourself these two passages:

**1 Samuel 15:2–12, 24–35**

**Revelation 5**

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■ *What is your image of God?*  
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■ *How has it changed since you were a child?*  
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■ *What do you think about Bishop Barron's view of the "God of the Bible?"*  
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■ *When have you taken on the challenge of "fighting evil all the way down" in your life? Or in your world?*  
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